

A Message from Secretary Tommy G. Thompson U.S. Department of Health and Human Services

It is my great pleasure to present the *2004 Women's Health Daybook*. The title sums up the purpose of this valuable resource: *Women's Steps to a HealthierUS: Wellness Starts with You!* This daybook can help you learn about simple things you can do every day to reduce your risk for many of the most threatening health problems, including heart disease, stroke, diabetes, and cancer. Although American women are living healthier and longer lives, too many women across the country still suffer and die of serious illnesses that could be avoided if they took simple, proactive steps to monitor and improve their health.

Besides the important information in this daybook, the National Women's Health Information Center (NWHIC), a project of the Office on Women's Health, can be your best source for reliable women's health information. Their web site (www.4woman.gov) and toll-free call center [800-994-WOMAN (9662)] has free, health information for women at every stage of life. In addition, you can now call NWHIC for answers to breastfeeding questions and get support for common challenges.

Another valuable resource to help women across the country is *Steps to a HealthierUS*. This important



initiative from the U.S. Department of Health and Human Services (HHS) advances President George W. Bush's *HealthierUS* goal of helping Americans live longer, better, and healthier lives. *Steps* envisions a healthy, strong United States. It's a bold shift in our approach to the health

of our citizens, moving us from a disease care system to a health care system with a greater focus on prevention. *Steps* will focus on reducing the major health burden created by obesity, asthma, diabetes,

heart disease, stroke, and cancer. This daybook embodies what *Steps* is all about—adopting healthy behaviors today means many happier, healthier tomorrows for you and your family. Go to our web site at HealthierUS.gov for more information.

These are just a few of the many resources offered by the Department that I encourage you to use in your effort to lead a healthier life. Also, know that getting regular checkups, eating right, and getting enough exercise can add years to your life. I urge all women to take these simple steps for a longer, healthier, and happier life and encourage their family, friends, and neighbors to do so too. Best wishes for a healthier 2004!

Wellness Starts with You: Women's Steps to a HealthierUS

No question about it—we're lucky to be women living in the 21st century. Advances in science and technology help us live healthier, longer lives. And many of these advances have come about due to the efforts of bright and talented women, who come from a variety of backgrounds and cultures. There are now less invasive and easier ways to detect and treat cancers, and new medications to prevent and treat conditions from high cholesterol to depression to infertility. But when it comes down to the basics of being healthy women, we can't afford to overlook our health until there is a problem.

We need to take small steps in our daily lives that will keep us healthy and strong. We have to make time to get out of the house or office to get moving in our gardens and on our bikes, or to our health care providers for regular checkups. Of course, we know that real life sometimes gets in the way of this ideal. We're busy juggling family needs and careers, and we often put ourselves last. So how do we take control of our health when we are overwhelmed by all that we have to do?

One way is to take steps every day—do what you can, when you can. That's why the *2004 Women's Health Daybook* focuses on simple steps that you can do to help prevent or learn about some common health problems. This daybook is for more than planning your appointments. It's a credible source of health information. You will find

information on everything from being physically active to preventing and controlling diabetes. It contains many useful tools to make you a more informed health consumer, such as tips on talking to your health care provider and getting a second opinion. Don't miss Know Your Body diagrams or the screenings and immunizations guidelines for women—they're a good resource to help you remember when you need important tests.

Wellness means more than being healthy—it also

means feeling strong, happy, and in control of your body, mind, and spirit. As women, we are the foundation of our families and communities. As you take steps to improve your health and wellness, you are helping to make our country a better, healthier nation today and for the next generation.



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About the National Women's Health Information Center (NWHIC)

Why a National Women's Health Information Center?

Have you ever felt that the "age of information" was turning into the "age of confusion?" Now that we have an information superhighway, it seems jammed with advice about what you should do or should not do to take care of your health. Sometimes you get gridlock, when one piece of advice contradicts another or just doesn't make sense. The National Women's Health Information Center (NWHIC) is here to help. It provides a toll-free phone service (including breastfeeding helpline) **[800-994-WOMAN (9662); TDD 888-220-5446]**, and a web site (**www.4woman.gov**) with information you can count on. And it's FREE.

What's the difference between the National Women's Health Information Center and other women's health information web sites?

The National Women's Health Information Center is entirely sponsored by the federal government. It is a service of the Office on Women's Health within the U.S. Department of Health and Human Services. This means that it does not represent any special commercial interest, and it's not trying to sell you anything. The Center is simply here to help you get information you can trust on a wide variety of women's health issues.

By phone or via the Internet, the National Women's Health Information Center links you to

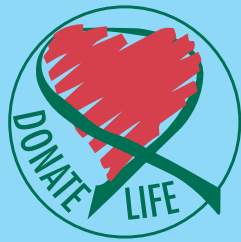
thousands of fact sheets, brochures, and reports as well as other information from more than 100 government-sponsored clearinghouses, hundreds of private-sector resources, and other Internet sites. Special sections on the web site target particular health issues and populations, like minority women, mothers-to-be, and women with disabilities. There's even a section on men's health and sections in Spanish.

The web site (**www.4woman.gov**) offers direct links to information sources, provides a news clipping service that is updated five days a week, a calendar of women's health events, information on what's going on in Congress regarding women's health, statistics on women's health, and other information. **The phone service, 800-994-WOMAN (9662) or TDD (888-220-5446) is staffed from 9 a.m. to 6 p.m. (Eastern Standard Time), Monday through Friday, excluding federal holidays, by English- and Spanish-speaking information specialists.** The information specialists can help clarify your information needs and identify resources and materials that can help. When appropriate, the specialists will order materials for you from federal agencies and direct you to toll-free information centers, so you can get immediate answers to specific health questions.

Please note: *The National Women's Health Information Center is an information referral source only and does not provide clinical advice. It should not be used as a substitute for medical advice from a health care professional.*

Here are three tools to help you on your journey to wellness!

- an organ donation card to carry in your wallet (give the gift of life!)
- a Rolodex card so you can contact us at any time
- a bookmark for your daybook



U.S. Department of Health and Human Services

The National Women's
Health Information Center

The Premier Federal Government Source for Women's Health Information



www.4woman.gov

800-994-WOMAN (9662)

TDD: 888-220-5446



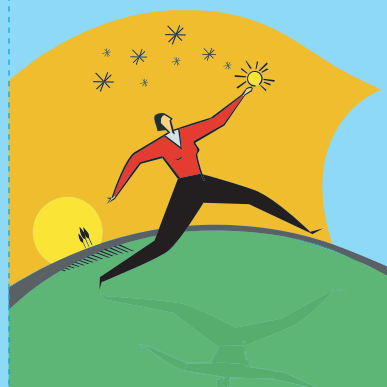
U.S. Department of Health and Human Services, Office on Women's Health

Wellness

Starts

with

You!



(Tear on perforated edges)

Call Us!

800-994-WOMAN (9662)
TDD: 888-220-5446

Answers to your health and
breastfeeding questions!

Information specialists speak
both English and Spanish

9 a.m. - 6 p.m., EST
Monday through Friday
excluding federal holidays

Visit Us Online!

www.4woman.gov

- * information on 800 health topics
- * access to thousands of health-related publications
- * dictionaries and journals
- * monthly calendar of events
- * latest news on women's health
- * also see www.4girls.gov for information for girls ages 10-16



*U.S. Department of Health
and Human Services
Office on Women's Health*

Organ/Tissue Donor Card

I wish to donate my organs and tissues. I wish to give:

- ☐ any needed organs and tissues
- ☐ only the following organs and tissues:

Donor Signature: _____ Date: _____

Witness: _____

Witness: _____

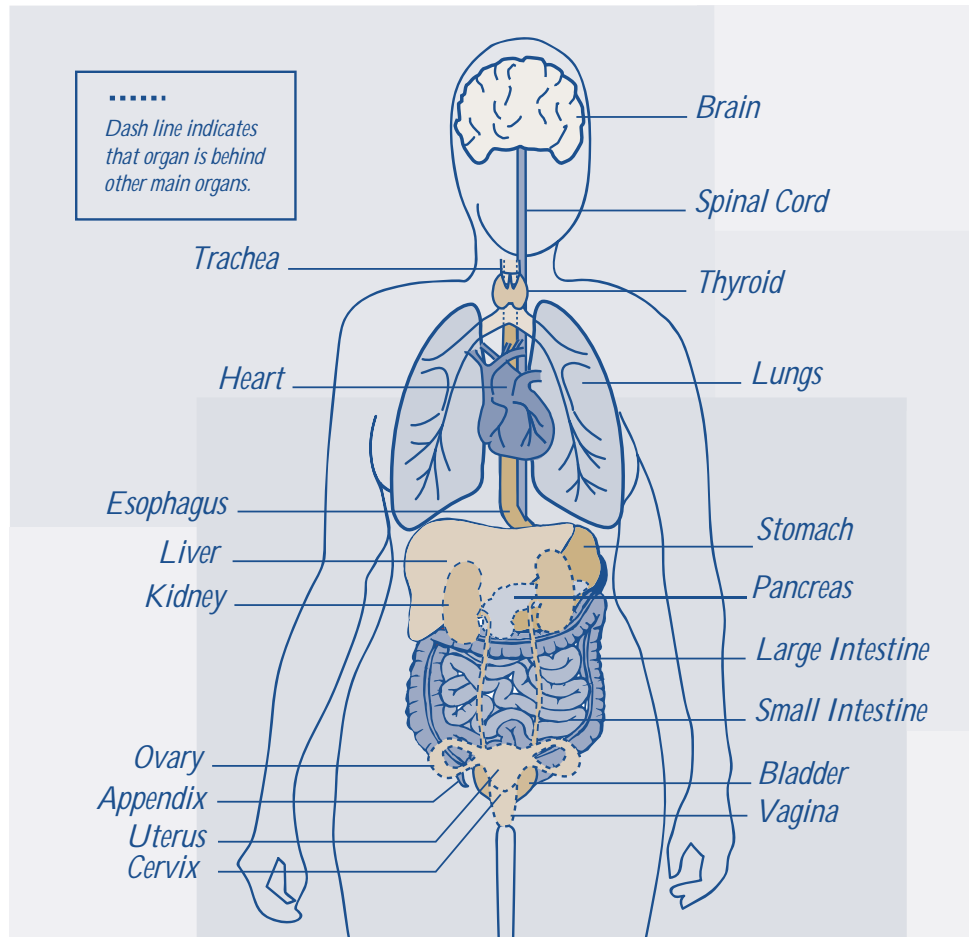
Call Us! 800-994-9662, 888-220-5446 (TDD)

www.4woman.gov

National Women's Health
Information Center

- 9:00 a.m. - 6:00 p.m., EST
Monday through Friday,
excluding federal holidays
- **New Breastfeeding
Helpline tool!**
Information specialists speak
both English and Spanish
- We will order materials from
federal agencies and private-
sector organizations
- Information for young girls at
www.4girls.gov

Know Your Body



Women's Body Systems

Cardiovascular and Circulatory—heart, lungs, arteries, veins

Digestive (gastrointestinal)—esophagus, liver, stomach, pancreas, large intestine (colon), small intestine, appendix, rectum, anus

Endocrine—thyroid, ovaries, pancreas

Nervous (neurological) and Skeletal—brain, nerves, spinal cord, bones, joints

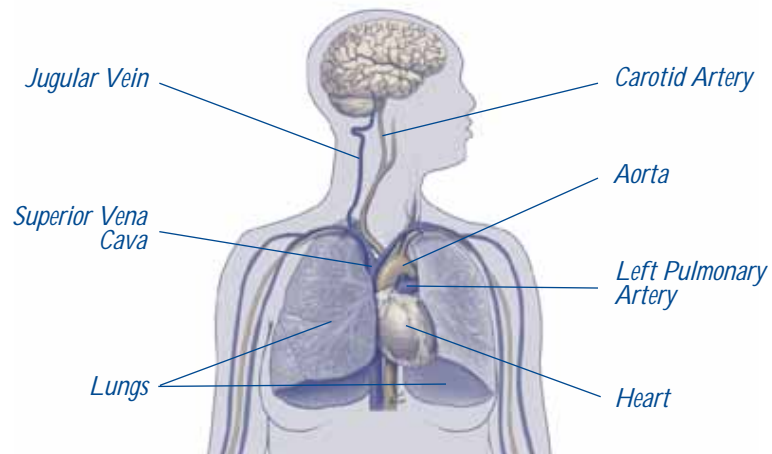
Reproductive—ovaries, fallopian tubes, uterus, cervix, vagina, breasts

Respiratory—lungs, nose, trachea (windpipe)

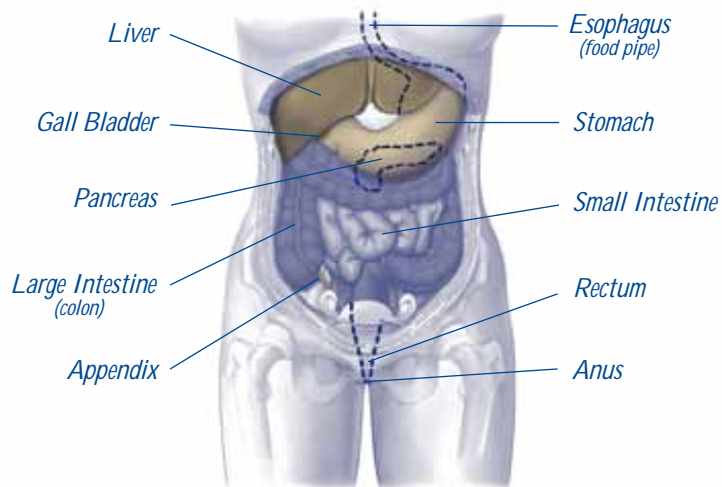
Urinary—urinary tract, bladder, kidneys

Know Your Body

Cardiovascular and Circulatory System

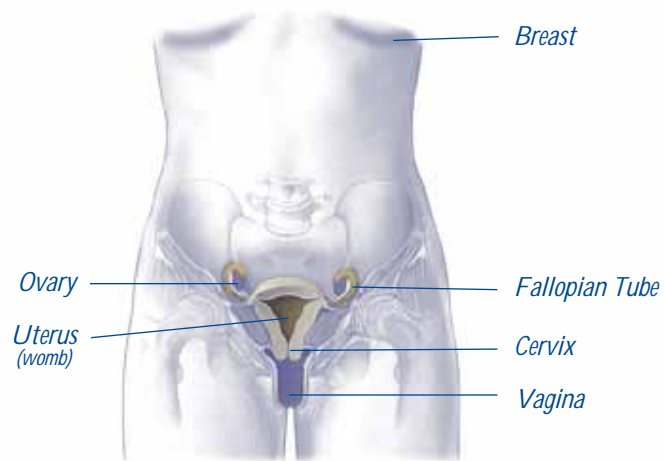


Digestive System

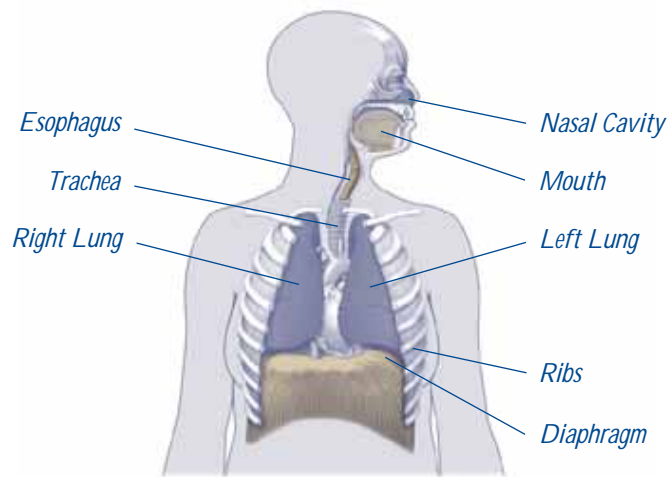


Know Your Body

Reproductive System

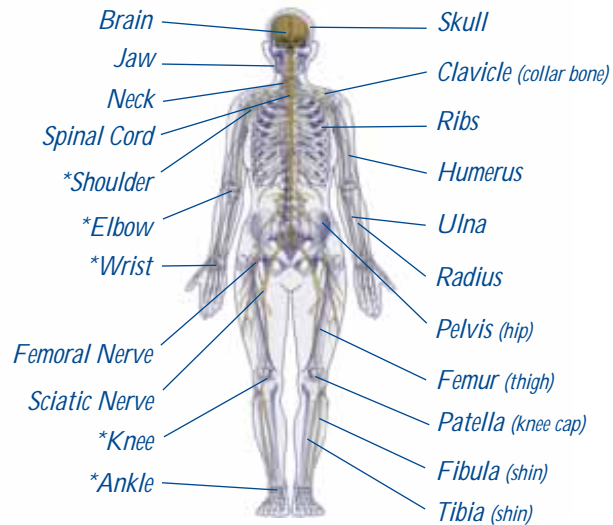


Respiratory System



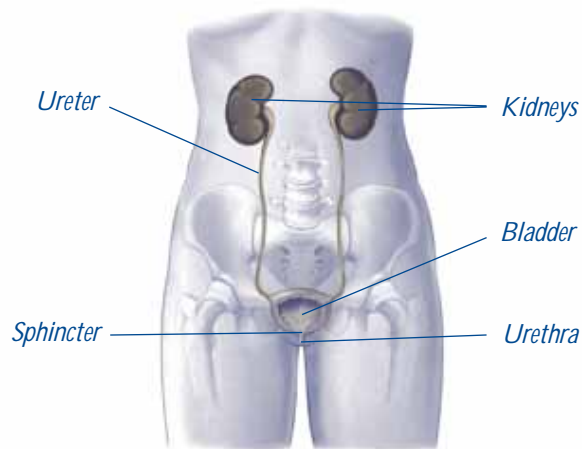
Know Your Body

Skeletal and Nervous System



**Major joints where arthritis or joint disease can occur.*

Urinary System



Symptoms of Serious Health Conditions

This chart shows some symptoms that could be signs of serious health conditions, which should be checked by a health care provider. It is important to note that you might feel symptoms in one part of your body that could actually indicate a problem in another part. Even if the symptoms

don't seem related, they could be, so keep track of them all. Listen to what your body is telling you, and be sure to describe every symptom in detail to your provider. **Note:** A chart of diagnostic tests that your provider might order follows this chart.

Symptoms of cardiovascular problems

Note: If you have any of these symptoms, do not wait to see your health care provider. You need to go right away to an emergency room or call 911.

- sudden or developing problems with speech
- sudden or developing problems with sight
- sudden or developing trouble with balance and coordination
- sudden numbness or weakness in face, arms, or legs

Symptoms of reproductive health problems

- bleeding or spotting between periods
- itching, burning, or irritation (including bumps, blisters, or sores) of the vagina or genital area
- pain or discomfort during sex
- severe or painful bleeding with periods
- severe pelvic pain
- unusual (for you) vaginal discharge of any type or color or with strong odor

Symptoms of breast problems

- breast nipple discharge
- unusual breast tenderness or pain
- breast or nipple skin changes: ridges, dimpling, pitting, swelling, redness, or scaling
- lump or thickening in or near breast or in underarm area, or tenderness

Symptoms of lung problems

- coughing up blood
- persistent cough that gets worse over time
- repeated bouts of bronchitis or pneumonia
- shortness of breath
- wheezing

Symptoms of Serious Health Conditions

Symptoms of stomach or digestive problems

- bleeding from the rectum
- blood or mucus in the stool (including diarrhea) or black stools
- change in bowel habits or not being able to control bowels
- constipation, diarrhea, or both
- heartburn or acid reflux (feels like burning in throat or mouth)
- pain or feeling of fullness in stomach
- unusual abdominal swelling, bloating, or general discomfort
- vomiting blood

Symptoms of bladder problems

- difficult or painful urination
- frequent urination or loss of bladder control
- blood in urine
- feeling the urge to urinate when bladder is empty

Symptoms of skin problems

- changes in skin moles; moles that are no longer round or that turn blacker
- frequent flushing and redness of face and neck
- jaundice (skin and whites of eyes turn yellow)
- painful, crusty, scaling, or oozing skin lesions that don't go away or heal
- sensitivity to the sun
- small lump on skin that is smooth, shiny, and waxy (red or reddish-brown)

Symptoms of muscle or joint problems

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs
- pain, stiffness, swelling, or redness in or around joints

Symptoms of sleep problems

- falling asleep suddenly when you don't want to
- loud snoring or breathing during sleep
- sleeping too much
- trouble falling asleep on a regular basis
- trouble staying asleep, or waking too early and not being able to go back to sleep

Symptoms of Serious Health Conditions

Symptoms of emotional problems

Note: These symptoms can have a physical cause and are usually treatable.

- anxiety and constant worry
- “baby blues” that haven’t gone away two weeks after giving birth and seem to get worse over time
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can’t be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- seeing or hearing things that aren’t there (hallucinations)
- seeing things differently from what they are (delusions)
- thoughts about harming yourself or your baby after giving birth
- thoughts about suicide and death

Symptoms of headache problems

Note: This does not include everyday tension headaches.

- headaches between the eyes
- headaches that come on suddenly
- headaches that last longer than a couple of days
- seeing flashing lights/zigzag lines and temporary vision loss before a headache starts
- spreading pain in face that starts in one eye
- severe pain on one or both sides of head with upset stomach, nausea, or vision problems

Symptoms of eating or weight problems

- extreme thirst or hunger
- losing weight without trying
- desire to binge on food excessively
- desire to vomit on purpose
- desire to starve (not eat at all)

Common Screening and Diagnostic Tests

Test Name	Definition
Angiogram	Blood vessels are injected with dye to look for the size and location of any blockages in blood vessels.
Barium enema	After drinking a special solution, x-rays are taken to look for abnormalities in the colon.
Biopsy	A small piece of tissue is removed for examination under a microscope or for lab testing to help identify a condition.
Blood test	Blood is taken from a vein (inside elbow, back of hand) to detect problems or to rule out a condition, such as anemia (low blood count) or high levels of cholesterol, or to test for diabetes (glucose or sugar).
Bone mineral density (BMD) test	BMD tests take pictures like x-rays of the skeleton to confirm osteoporosis (weakening or thinning of bones), detect low bone density, or check response to an osteoporosis treatment.
Bronchoscopy	A tube with a tiny camera is put into the bronchial tubes (airways to the lungs) to remove cells or tissue, which are sent to a lab to look for cancer or cell changes.
Clinical breast exam (CBE)	The breasts and underarm area (lymph nodes) are physically examined by a health care provider to detect any lumps or abnormalities.
Chest x-ray	A picture is taken of the chest to see the condition of the lungs.
Colonoscopy	A flexible tube with a light source is inserted into the colon through the anus to view all sections of the colon for abnormalities.
Computed tomographic (CT or CAT) scan	They take three-dimensional pictures of the body to look for problems, abnormalities, or injury. Sometimes, a special fluid is injected into a vein to highlight parts of the body in the images.
Echocardiogram	A picture of the heart is made using sound waves to look for problems with the heart's pumping action.
Electroencephalogram (EEG)	EEG looks for brain malfunctions by recording electrical impulses (activity) within the brain.
Electrocardiogram (EKG or ECG)	A picture of the heart is made using electrical conductivity to check the heart's rhythm; it can locate the part of the heart where a heart attack might be occurring (or has occurred).
Fecal occult blood test	This test looks for hidden (occult) blood in a stool sample.
Laparoscopy	A tube with a light on one end is inserted into the abdomen through a small incision to check abdominal organs for growths or other problems. It may also be used for certain surgical techniques.

Note: Anesthesia (medicine to block pain or sedate you) is given during many of these tests to keep you comfortable. Be sure to talk with your health care provider (HCP) about what to expect during and after tests, and how to prepare for tests.

Common Screening and Diagnostic Tests

Test Name	Definition
Magnetic resonance imaging (MRI)	MRI uses powerful magnets and radio waves to construct pictures of the body to look for problems. Sometimes, special fluid may be injected to enhance the images of tissues or blood vessels.
Mammogram	A picture of each breast is taken (x-rayed) to look for signs of breast cancer. Digital mammography records x-ray images on a computer.
Medical history	Your HCP asks you about your current and past physical and mental health: illnesses, surgeries, pregnancies, medications, allergies, family history of physical and mental health conditions, use of alternative therapies, vitamins and supplements, diet, current and past alcohol and drug use, and physical activity.
Mental health screening	Your HCP or a mental health professional asks you about symptoms like depression or anxiety, medications, alcohol and drug use, thoughts about death or suicide, and family history of mental illness.
Needle aspiration	A thin needle is inserted into a mass or lump to remove cells or fluid, which are examined under a microscope for cell changes or cancer.
Pap test	Cells from the cervix (opening to the uterus, or womb) and the surrounding area are taken with a brush and looked at for changes in the cells or for cancer.
Pelvic exam	By looking at and feeling the reproductive organs through the vagina (birth canal), your HCP can detect certain problems. The rectum, cervix, vagina, and area around the vagina are looked at for any problems or disease.
Physical exam	Your HCP looks at your body to detect any problems, screens for diseases, determines risk for future problems, and updates vaccinations. You may be asked about your lifestyle (physical activity, alcohol and drug use, diet) and your mental health (emotions, coping ability).
Positron emission tomography (PET) scan	Radioactive material is put into the body to produce pictures of organs (for evaluation) or tumors (to monitor treatment effects).
Sigmoidoscopy	A thin, flexible tube is inserted into the colon through the anus to look for abnormalities in the lower third of the colon.
Sleep studies	Sleep is monitored in a sleep lab to record brain activity, body movements, nerve and muscle function, and the time it takes you to fall asleep and go into deep sleep.
Spirometry	Lung function and how open the airways to the lungs are measured.
Stress test	Electrical activity of the heart during physical stress (exercising on a treadmill) is recorded to look for blockages in the blood vessels; it can also be done with drugs and no exercise.
Ultrasound	Sound waves are used to create a picture of internal organs on a computer screen to look for problems or abnormalities.

How to Talk to Your Health Care Provider

Waiting in your health care provider's (HCP) office can be a nerve-wracking experience, whether you're waiting to see a doctor, a nurse, a therapist, or another type of practitioner. As you flip through old magazines in the waiting room, you might worry about what's wrong or become aggravated about getting behind schedule. Then, when you see your HCP, the visit seems to fly by, leaving only a few minutes for you to explain your symptoms and concerns. Later that night, you remember something you forgot to mention and wonder if it matters. Knowing how to talk to your HCP will help you get the information you need, when you need it, especially when visits are oftentimes short. Here are some tips for talking with your HCP:

- **Make a list of concerns and questions to take to your visit with your HCP.** While you're waiting to be seen, use the time to review your list and organize your thoughts. You can share the list with your HCP.
- **Describe your symptoms clearly and briefly.** Say when they started, how they make you feel, what triggers them, and what you've done to relieve them.
- **Tell your HCP what prescription and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.** Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history— withholding information can be harmful! Describe allergies to drugs, foods, or other things. Don't forget to mention if you are being treated by other HCPs, including mental health professionals.
- **Don't feel embarrassed about discussing sensitive topics.** Chances are, your HCP has heard it before! Don't leave something out because you're worried about taking up too much time. Be sure to have all of your concerns addressed before you leave.
- **If your HCP orders tests, be sure to ask how to find out about results and how long it takes to get them.** Get instructions for what you need to do to get ready for the test(s) and find out about any dangers or side effects with the test(s).
- **If you are diagnosed with a condition, ask your HCP how you can learn more about it, including what caused it, if it is permanent, and if there are lifestyle changes you can make to help yourself feel better.** Be sure to ask about all of the options for treatment, and how you can find out more information about treatment options.
- **When you are given medicine and other treatments, ask your HCP about them.** Ask how long treatment will last, if it has any side effects, how much it will cost, and if it is covered by insurance. Make sure you understand how to take your medicine; what to do if you miss a dose; if there are any foods, drugs, or activities you should avoid when taking the medicine; and if there is a generic brand available at a lower price (you can also ask your pharmacist about this).
- **Understand everything before you leave your visit. If you don't understand something, ask to have it explained again.**
- **Bring a family member or trusted friend with you to your visit.** That person can take notes, offer moral support, and help you remember what was discussed. You can also have that person ask questions as well.

How to Get a Second Opinion

Even though their training can be similar, health care providers (HCPs) have their own opinions, experiences, and thoughts on how to practice, including diagnosing and treating conditions or diseases. Some HCPs opt to take a more conservative, or traditional, approach, while other HCPs are more aggressive and tend to use the newest tests and therapies. Because health care (including mental health) is a highly specialized and constantly changing field, it can be difficult for every HCP to be skilled in the latest technology. Getting a second opinion from a different HCP might give you a fresh perspective and more information on how to treat your condition. You can weigh your options and make a more informed choice about what to do. If you are given similar opinions from two HCPs, you also can talk with a third HCP. Here are some tips for how to get a second opinion:

- **Ask your HCP to recommend another HCP or specialist for another opinion.** Don't worry about hurting your HCPs feelings. Most HCPs welcome a second opinion, especially when surgery or long-term treatment is involved.
- **If you don't feel comfortable asking your HCP about whom to go to for a second opinion, contact another HCP you trust.** You can also call university teaching hospitals and medical societies in your area for names of HCPs. Some of this information is available on the Internet.
- **Always check with your health insurance provider first to make sure the cost of a**

second opinion is covered. Many health insurance providers do. Ask if there are any special procedures you or your primary care doctor need to follow.

- **Arrange to have your medical records sent to the second opinion HCP before your visit.** This gives the new HCP time to look at your records and can help you to avoid repeating medical tests. You need to give written permission to your current HCP to forward any records or test results. You can also request a copy of your medical record for your own files.
- **Learn as much as you can about your condition.** Ask your HCP for information you can read, go to a local library, or do a search on the Internet. Some teaching hospitals and universities have medical libraries that are open to the public. But be aware that sorting through information that is complicated and sometimes contradictory can be a daunting task. List your questions and concerns and bring the list to discuss with the HCP you are seeing for a second opinion.
- **Never rely solely on the telephone or Internet for a second opinion.** When you get a second opinion, you need to be seen by an HCP. A sound second opinion includes a physical examination and a thorough review of your medical records. Don't forget to ask the HCP to send a written report to your primary HCP and get a copy for your records.

General Screenings and Immunizations for Women

Please Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
General Health Full checkup, including weight and height	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health Blood pressure test	Start at age 21, then once every 1-2 years if normal	Every 1-2 years	Every 1-2 years	Every 1-2 years
Cholesterol test		Start at age 45, then every 5 years	Every 5 years	Every 5 years
Bone Health Bone mineral density test		Discuss with your health care provider	Discuss with your health care provider	Get a bone density test
Diabetes Blood sugar test		Start at age 45, then every 3 years	Every 3 years	Every 3 years
Oral Health Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Reproductive Health Pap test & pelvic exam	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your health care provider
Chlamydia test	If sexually active, yearly until age 25	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section below.</i>	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section below.</i>	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section below.</i>
Sexually transmitted disease (STD) tests	Talk to your health care provider if you have or had more than one sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than one sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than one sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than one sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.

This chart lists recommended screenings and immunizations for women at average risk for most diseases.

General Screenings and Immunizations for Women

Please Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
Breast Health Breast self-exam	Monthly	Monthly	Monthly	Monthly
Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.
Colorectal Health Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years	Every 5 years
Double contrast barium enema (DCBE)			Every 5-10 years (if not having colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your health care provider	Discuss with your health care provider	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health Vision exam with eye care provider	Once initially between age 20 and 39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test (discuss with your health care provider)	Starting at age 18, then every 10 years	Every 10 years	Discuss with your health care provider	Discuss with your health care provider
Skin Health Mole exam	Monthly mole self- exam; by a health care provider every 3 years, starting at age 20.	Monthly mole self- exam; by a health care provider every year.	Monthly mole self- exam; by a health care provider every year.	Monthly mole self- exam; by a health care provider every year.
Mental Health Screening	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Immunizations Influenza vaccine	Discuss with your health care provider	Discuss with your health care provider	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

This chart lists recommended screenings and immunizations for women at average risk for most diseases.


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Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Does your family history include?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test
	High cholesterol	Cholesterol test
	Heart disease, premature heart disease, or heart attack	Blood pressure test, cholesterol test, exercise stress test
	Diabetes	Blood sugar test
	Breast cancer	Mammogram, ovarian screening tests
	Cervical, uterine, or vaginal cancer	Pap test, pelvic exam, ovarian screening tests, colon screening
	Ovarian cancer	Pelvic exam, ovarian screening tests, colon screening, clinical breast exam
	Osteoporosis, bone fracture in adulthood	Bone mineral density test
	Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling
	Gum (periodontal) disease	Oral exam
	Hearing problems, deafness	Hearing test
	Vision problems, eye disease, blindness	Vision exam
	Inflammatory bowel disease; colon polyps; colon, ovarian, or endometrial cancer	Colonoscopy, sigmoidoscopy, DCBE, rectal exam, fecal occult blood test
	Cancer, heart disease, or any illness at an unusually young age (50 or younger)	Genetic counseling, possible early screening tests
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner.

This chart lists screenings or tests you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease.

Recommended Screenings and Immunizations for Women with High Risk Factors

 if it applies	Are You?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	African American	Blood pressure test, cholesterol test, blood sugar test, vision exam, colonoscopy, genetic counseling for sickle cell anemia
	Latina	Blood pressure test, cholesterol test, blood sugar test, colonoscopy
	Alaska Native/Pacific Islander	Blood sugar test
	American Indian	Blood sugar test
	Ashkenazi Jewish descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant
	Ashkenazi Jewish with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation
	Asian American	Blood sugar test
	Age 65 or older	Bone mineral density test, flu vaccine, pneumococcal vaccine
	Between the ages of 60 and 64, weigh less than 154 lbs, and not taking estrogen	Bone mineral density test
	College age	MMR vaccine, varicella vaccine
	Postmenopausal	Bone mineral density test
	Pregnant	Blood pressure test, blood sugar test, urine test, HIV test, STD tests, MMR vaccine
	A non-pregnant woman of childbearing age	MMR vaccine, varicella vaccine
	A smoker	Blood pressure test, cholesterol test, bone mineral density test, oral exam, vision exam
	Overweight	Blood pressure test, blood sugar test, weight
	Living in prison	Tuberculosis (TB) test, HIV test, STD tests
	Living in long-term care	TB test, influenza vaccine, pneumococcal vaccine
	A health care worker	TB test, influenza vaccine, pneumococcal vaccine, MMR vaccine, varicella vaccine
	A health care worker exposed to blood	HIV test; hepatitis screening; hepatitis A, B vaccines

This chart lists screenings or tests you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease.

Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test, cholesterol test, blood sugar test
	High cholesterol	Blood pressure test, cholesterol test, blood sugar test
	Heart disease	Blood pressure test, cholesterol test, blood sugar test, influenza vaccine, pneumococcal vaccine
	Diabetes	Blood pressure test, cholesterol test, blood sugar test, vision exam, urine test
	Gestational diabetes (diabetes during pregnancy)	Blood sugar test
	A baby weighing more than 9 lbs.	Blood sugar test
	Breast cancer	Mammogram, ovarian screening tests
	Cervical, uterine, vaginal cancer	Pap test, pelvic exam, ovarian screening tests, colon screening
	Ovarian cancer	Pelvic exam, ovarian screening tests, mammogram, colon screening
	Previous abnormal Pap tests	Pap test, pelvic exam
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone frac- ture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle, or little physical activity; low body weight (less than 154 lbs.), or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test, TB test, influenza vaccine, MMR vaccine, pneumococcal vaccine, autoimmune screening test, bone mineral density test

This chart lists screenings or tests you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease.

Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	Chronic lung disease	Influenza vaccine, pneumococcal vaccine
	Chronic liver disease	Hepatitis A vaccine
	Thyroid disease	Thyroid test, influenza vaccine, pneumococcal vaccine, bone mineral density test (of hyperthyroid)
	Gum (periodontal) disease	Oral exam
	Colon polyps, inflammatory bowel disease	Colonoscopy
	A developmental delay	Vision exam, hearing test
	Eye injury or disease	Vision exam
	Ear injury or prolonged exposure to loud noise	Hearing test
	HIV/AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test; STD tests; influenza vac- cine; pneumococcal vaccine; hepatitis screen- ing; hepatitis A, B vaccines
	A blood transfusion from 1978 to 1985	HIV test, hepatitis screening
	Multiple sex partners (or a partner who has multiple sex partners)	STD tests, HIV test, hepatitis B test, Pap test, pelvic exam
	Alcoholism	Pneumococcal vaccine, TB test, psychological screening, liver tests
	Intravenous (IV) drug use or addiction	Hepatitis screening; hepatitis A, B vaccines; TB test; STD tests; HIV test; psychological screening
	A sexually transmitted disease (STD)	STD tests, HIV test, Pap test, pelvic exam
	Lived or worked with someone exposed to tuberculosis (TB)	TB test
	A serious injury (cut or laceration)	Tetanus-diphtheria booster vaccine
	A baby recently (within the last few weeks or months)	Postpartum depression screening

This chart lists screenings or tests you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease.

Women's Health Resources in Different Languages

Organizations

Nutrition Education for New Americans Project

Internet: <http://multiculturalhealth.org>

Health information in these languages:

Amharic	Haitian-Creole	Romanian
Arabic	Hebrew	Russian
Bengali	Hindi	Somali
Bosnian	Hmong	Spanish
Cambodian	Igbo	Swahili
Chinese	Japanese	Thai
English	Korean	Tigrinian
Farsi	Kurdish	Turkish
French	Laotian	Ukrainian
German	Oromo	Urdu
Greek	Polish	Vietnamese
Gujarati	Portuguese	Yoruba

Asian Pacific Islanders Women's Health

Internet: www.apanet.org/~fdala

Health information in these languages:

Samoan	Chinese	Korean
Cambodian	Vietnamese	Thai
Laotian		

NWHIC Recursos en Español (Resources in Spanish)

Internet: www.4woman.gov/Spanish/index.htm

Spanish

Publications

Bone Health and Osteoporosis: A Guide for Asian Women Aged 50 and Older

Internet: www.osteoporosis.org/osteolinks.asp#asian

Chinese	Korean	Vietnamese
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Get a Mammogram: Do It for Yourself, Do It for Your Family

Internet: www.nci.nih.gov/cancerinfo/breasthealth

Chinese	Tagalog	Vietnamese
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You Can Do It (Diabetes)

You Can Manage It (Diabetes)

Internet: <http://ndep.nih.gov/conduct/psa-aapi.htm>

Cambodian	Hmong	Tagalog (for Filipinos)
Chinese	Ilokano (for Filipinos)	Vietnamese
Gujarati (for Asian Indians)	Korean	
Hindi (for Asian Indians)	Laotian	
	Samoan	

NWHIC Breastfeeding Packet

Internet: www.4woman.gov/Breastfeeding/bf-chinese.pdf

Chinese

**Cáncer Colorrectal: Rompamos el Silencio
(Colorectal Cancer: Breaking the Silence)**

Internet: www.cdc.gov/cancer/screenforlife/pdf/colspan.pdf

Spanish

¡Rompa Con el Hábito de Fumar! (Kick the Smoking Habit!)

Internet: www.nhlbi.nih.gov/health/public/heart/other/sp_smok.pdf

Spanish

NWHIC Breastfeeding Packet

Internet: www.4woman.gov/Breastfeeding/Spanish

Spanish

NWHIC Healthy Pregnancy

Internet: www.4woman.gov/Pregnancy/spanish.htm

Spanish

7 Principios Para Controlar la Diabetes Durante Toda su Vida (7 Principles to Control Diabetes During Your Lifetime)

Internet: <http://ndep.nih.gov/materials/pubs/7-principles/7-spanish.htm>

Spanish

Cervical Cancer Screening: What Vietnamese Women Should Know

Internet: www3.cancer.gov/hpb/vietnamese/cervical

Vietnamese

My Medicines

Internet: www.fda.gov/womens/taketimetocare/mymeds.html

Cambodian	Laotian	Spanish
Chinese	Polish	Tagalog
Hmong	Russian	Thai
Japanese	Samoan	Vietnamese
Korean		

Tuberculosis Educational Materials

Internet: www.health.state.mn.us/divs/dpc/ades/tb/translations.htm

Bosnian	Lao	Spanish
Cambodian	Russian	Tibetan
Croatian	Serbian	Vietnamese
Hmong	Somali	

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just for you:
www.healthfinder.gov/justforyou**

Men's and Children's Health Resources

You can use these great resources to help you protect the other precious people in your life!

Men's Health Resources

General Health

National Women's Health Information Center (NWHIC)

What About Men's Health?

Phone: 800-994-WOMAN (9662)

Internet: www.4woman.gov/mens

Men Shoot for 9

National Cancer Institute

Internet: <http://5aday.gov/9aday>

Fatherhood Initiative

U.S. Department of Health and Human Services

Internet: <http://fatherhood.hhs.gov>

Centers for Disease Control and Prevention (CDC): Men's Health Week

Internet: www.cdc.gov/od/spotlight/nmhw

Harvard Men's Health Watch

Internet: www.health.harvard.edu

Publication:

Why Fruits and Vegetables Are So Important for Your Health

<http://5aday.gov/9aday/why>

Cancer Prevention

National Cancer Institute

Phone: 800-4-CANCER (800-422-6237)

Internet: www.cancer.gov

American Cancer Society

Phone: 800-ACS-2345

Internet: www.cancer.org

Publications:

Testicular Cancer: Questions and Answers

Internet: http://cis.nci.nih.gov/fact/6_34.htm

What You Need to Know About Prostate Cancer

Internet: www.cancer.gov/cancerinfo/wyntk/prostate

Heart Health

National Heart, Lung, and Blood Institute (NHLBI)

Internet: www.nhlbi.nih.gov

The American Heart Association

Internet: www.americanheart.org

Publication:

Men and Cardiovascular Diseases

Internet: www.americanheart.org/presenter.jhtml?identifier=3000935

Mental Health

National Institute of Mental Health (NIMH)

Phone: 866-615-6464

Internet: www.nimh.nih.gov

Publication:

Real Men. Real Depression.

Internet: <http://menanddepression.nimh.nih.gov/>

Urologic and Reproductive Health

American Foundation for Urologic Diseases

Internet: www.afud.org

National Kidney and Urologic Diseases Information Clearinghouse

Internet: <http://kidney.niddk.nih.gov>

Publication:

Erectile Dysfunction

Internet: <http://kidney.niddk.nih.gov/kudiseases/pubs/impotence>

Children's Health Resources

General Health

4 Girls Health

Internet: www.4girls.gov

FDA Kid's Page

Food and Drug Administration

Phone: 888-463-6332

Internet: www.fda.gov/oc/opacom/kids/default.htm

Emergency Readiness Information

Internet: www.ready.gov

American Academy of Pediatrics

Phone: 847-434-4000

Internet: www.aap.org

Kids Growth

Internet: <http://kidsgrowth.com>

Kidshealth.org

Internet: www.kidshealth.org

University of Iowa Hospitals and Clinics

Virtual Hospital

Internet: www.vh.org

Child Abuse

Prevent Child Abuse America

Phone: 312-663-3520

Internet: www.preventchildabuse.org

Publication:

Recognizing Signs of Child Abuse

Internet: www.kidshealth.org/parent/positive/family/signs_child_abuse.html

Childhood Asthma

American Lung Association

Phone: 212-315-8700 or 800-586-4872

Internet: www.lungusa.org

Publication:

Childhood Asthma: An Overview

Internet: www.lungusa.org/asthma/ascchildhoo.html

Childhood Diabetes

National Diabetes Information Clearinghouse

Phone: 800-860-8747 or 301-654-3327

Fax: 301-907-8906

American Diabetes Association

Phone: 800-DIABETES (800-342-2383)

Internet: www.diabetes.org

Publication:

Children and Diabetes

Internet: <http://www.diabetes.org/main/info/risk/default4.jsp>

Immunizations

Centers for Disease Control and Prevention (CDC)

National Immunization Program

Phone: 800-232-2522 or (English hotline)

800-232-0233 (Spanish hotline)

TTY: 800-243-7889

Internet: www.cdc.gov/nip

American Academy of Pediatrics

Immunizations Initiatives

Internet: www.cispimmunize.org

Immunization Action Coalition

Phone: 651-647-9009

Internet: www.immunize.org

Publication:

Vaccines: The Safe Choice

Internet: www.cdc.gov/nip/vacsafe/vacsafe-parents.htm

Child Nutrition

Powerful Bones. Powerful Girls.

The National Bone Health Campaign

Internet: www.cdc.gov/powerfulbones

U.S. Department of Agriculture

Food and Nutrition Service

Child Nutrition Division

Internet: www.fns.usda.gov/cnd

Safety and Injury Prevention

Centers for Disease Control and Prevention

National Center for Injury Prevention and Control

Phone: 770-488-1506

Internet: www.cdc.gov/ncipc

National SAFE KIDS Campaign

Phone: 202-662-0600

Internet: www.safekids.org

National Highway Traffic Safety Administration Car Seat Safety and Installation

Phone: 888-327-4236

Internet: www.nhtsa.org/cps

Consumer Product Safety Commission

Keep Your Child's Toys and Playgrounds Safe

Phone: 800-638-2722

TDD: 800-638-8270

Internet: www.cpsc.gov/kidsafety

American Heart Association

CPR and Basic Life Support Skills for Children

Phone: 800-242-8721

Internet: www.americanheart.org

National Child Identification Program

Phone: 214-630-5895

Internet: www.childidprogram.com

U.S. Pharmacopeia

Children and Medicines

Internet: www.usp.org/information/programs/children/index.htm

Publications:

Burn Awareness and Prevention

Internet: www.vh.org/pediatric/patient/emergencymedicine/burnprevention/index.html

Hidden Hazards

Internet: www.safekids.org/tier2_rl.cfm?folder_id=173

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www.healthfinder.gov/justforyou

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